

A JOURNEY OF DISCOVERY

Guided Imagery/ Meditation with the Word of God

Give yourself a gift...

Discover anew your uniqueness;
Relieve stress;
Share your concerns;
Address faith questions;
Create bonds;
Grow in the integration of body, mind and spirit;
Experience a new and deeper way of being with...
Yourself
Others and
God.

THE "ROUTE" ...

Time will be given to:

- Relaxation;
- Centering;
- Exploring various forms of guided imagery;
- Meditating with the Word of God;
- Creative Expression.

Date: Mondays, Beginning January 23, 1995
Time: 12:00-1:15 p.m.
Place: SGW Annex Z - 2090 Mackay, Room 105
Information & Michelina Bertone S.S.A.
Registration: 848-3591